

MAN AND WOMAN IN MARRIAGE

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with a Preface by
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and an Introduction by
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PREFACE

by NORMAN HAIRE, Ch.M., M.B.

IT seems to me necessary to preface Dr. Evans's book with a few words addressed to the English reader. It was written for Americans, in an American idiom and with a certain ingenuousness which may seem a little strange, sometimes perhaps even a little comic, to the citizen of our older and more sophisticated society.

One sees almost on every page a mixing up of science with sentiment and religion. How far this depends on the author's temperament, and how far it is due to a desire to meet what he considers to be the public taste, I do not know. It is obviously better to write a book in such a way that it will appeal to the taste of those for whom it is intended, so far as this can be done without sacrificing anything of essential value. One sees, too, an insistence on the "adoration" due from husband to wife, which stamps the book unmistakably as a product of the U.S.A.

Indeed this "Americanism" of style and treatment made me hesitate whether the book should

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be published in this series at all ; but beyond the superficial Americanism of the treatment there is in it so much of importance that is common to the two Anglo-Saxon civilizations that my hesitation was swept away.

Dr. Evans's advice is couched in simple, homely language, which fits it for just the sort of reader for whom the book will be most useful. It is not intended for the already sexually enlightened person, well versed in his Freud, his Havelock Ellis and his Hirschfeld, but for the much more numerous class of persons who have been brought up in a very extensive ignorance of what a happy normal sexual life should be.

There are three points in the book which strike me as of predominant importance—its insistence on the necessity for preliminary courtship (" fore-play ") before copulation, and for the woman's attainment of orgasm on every occasion that intercourse takes place, and, above all, its mention of the necessity for sexual cleanliness.

I should like to stress these points. In my professional practice I am daily brought into contact with men and women who have every sanitary convenience in their bathroom, who bathe regularly and spend much time on their toilet, but who are apparently quite ignorant of the most elementary details of the *genital* toilet.

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Let us be quite plain about this. Unless a man is circumcised, every time he passes urine it is likely that the last drop or two will cling about or under the foreskin and decompose there. This, added to the decomposing secretion from the foreskin itself, leads to the presence of a penetrating ammoniacal odour and a fœtid white cheesy substance known as smegma. Every man should wash his penis thoroughly at least twice a day, and, if possible, after each act of urination as well. It is better for him to accustom himself to wear the foreskin completely retracted behind the glans, as this is the only way of avoiding altogether an unpleasant odour about the penis.

In the female the possibilities of evil odours are even greater, since there is usually some vaginal discharge even in healthy women, and if this is allowed to cling about the parts and decompose it becomes very disagreeable. In addition, there is even greater likelihood in the female of the genitals retaining a few drops of urine at each urination, and the cheese-like smegma is secreted by the female too. She should therefore pay careful attention to the genital toilet, separating the folds of skin and cleansing away the secretions with a soft cloth moistened with soapy water—Castile soap or curd soap is good and not irritating. I am a believer in the advisability of the daily

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douche—not containing any strong chemicals, but consisting of soapy water, or salt and water (two teaspoonsful of ordinary table salt to the quart), or lactic acid (three teaspoonsful to the quart). The douche is best given with a hanging douche-can or douche-bag, rather than with an enema syringe or a "whirling spray," and with the woman sitting on a bidet. But bidets are seldom seen in Anglo-Saxon communities, and in their absence it is best for the woman to lie on her back in the bath with her knees drawn up and separated. In this position the solution used for the douche reaches the furthest parts of the vagina. Many gynæcologists are against douching altogether, but I have never seen anything but good result from the measures mentioned above, and in my opinion they are at least as important as daily brushing of the teeth.

The necessity for genital cleanliness cannot be emphasized too strongly. In animals the genital secretions are exposed to the air, so that they do not tend to cling and decompose as they do in civilized man, whose body is shut off from the air by clothes. And in the animals the odour of the genital secretions is a definite sexual lure. Civilized man, on the other hand, finds the odour of the decomposing sexual secretions repulsive; and in Anglo-Saxon countries the unpleasant odour of the

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genitals, which is the rule rather than the exception, tends to prevent the mutual caressing of the genital organs which is so essential, and so pleasurable, a preliminary to sexual intercourse.

In races like the French, where genital cleanliness is much more thorough, preliminary caressing of the genital organs is seldom neglected, either manually or in the form of the genital kiss ; and marital intercourse among such people is far more generally satisfactory than in England and the United States. The sexually unsatisfied wife is seldom met with as she is in the Anglo-Saxon civilizations. It may be that the genital cleanliness results in an increase of local caresses ; on the other hand, it may be that the habit of local caresses leads to greater genital cleanliness. Probably, as Professor J. C. Flügel has suggested, both the genital caresses and the genital cleanliness are superior in France because the French are less prone to sexual inhibitions.

There are, of course, many persons who regard the genital kiss, or, indeed, any sexual manœuvre other than the insertion of the penis in the vagina, as " perverse." But nobody has gone out of their way to pervert dogs, and I recommend inexpert husbands and wives to observe them and profit by their example. It seems to me that Dr. Evans does the animals a gross injustice when he uses the

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word "animal-like" to characterize the inconsiderate or inexpert husband. Such a one is anything but animal-like. Indeed, the female animal will not usually admit the male to intercourse at all until he has thoroughly wooed and excited her, and he instinctively heightens not only her sexual excitement but his own as well by this foreplay.

As far as it is possible to enlighten inexperienced persons by the written word, this book does it. But where any special difficulty arises, or more detailed instruction is necessary than the literary censorship of this country makes it possible to publish, the married couple should consult their own doctor or an expert medical sexologist.

NORMAN HAIRE

127 HARLEY STREET,

May 15th, 1932.

TO
**ALL THOSE WHO SEEK THE PERFECT
EXPRESSION OF THE PHYSICAL AND
SPIRITUAL UNION OF MARRIAGE**

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AUTHOR'S FOREWORD

REALIZING in my practice the great need of a practical, authoritative book on the sex question in marriage, I have prepared the following chapters. To overcome the handicap of having no satisfactory book I could suggest for my patients' reading I have written this, which deals with the problems that actually come up in everyday married life.

I am most anxious that this volume may meet the requirements of my colleagues who may wish to prescribe it as an accessory aid to their own methods of handling these difficulties. I desire especially to express my gratitude to those physicians who have so kindly studied my manuscript.

C. B. S. EVANS, M.D.

INTRODUCTION

by RUDOLPH WEISER HOLMES

Doctor of Medicine, Rush Medical College; President Central Association of Obstetricians and Gynaecologists; Professor of Obstetrics, North-Western Medical School, and formerly Professor Emeritus of Obstetrics, Rush Medical College; Member Institute of Medicine, Chicago; Fellow American Gynaecological Society; Fellow American College of Surgeons

IT is indeed a source of great gratification and appreciation that the privilege is accorded me to introduce this book of Dr. Evans. Though there are a number of contributions on this subject of the sex problems, which is of most vital importance to all humans who have passed the adolescent period and have entered or are about to enter into the marriage relationship, none has embodied the simple and sincere presentation which is here forthcoming. My acquaintance and knowledge of Dr. Evans have covered the period of his manhood—I know full well the sincerity of his purpose of his life, I know full well the high principles which are the guiding stars of his endeavours, and I am amply cognizant of the idealisms on the matters herewith presented. As his professional activities have been concerned particularly with the reproduction processes of

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women and the diseases which are germane to their sex, his training has offered him adequate opportunity to develop an intimate knowledge of the unhappy mental and physical consequences of marital unrest sequential to the misuse and abuse of the sex function. The very fact that he is a gynæcologist, a MAN, and one consummately happy in his marriage and family lends force to his words.

The act of conjugation of a couple happily united by marriage, and, which is equally essential, united by the ties of an adoring love and affection, is but the consummation of that union, and is truly a sacrament. There may be no discussion but that too many marital unions have gone astray owing to the fact that couples have come to their marriage prompted by instinct without that impulse being tinctured with intelligence and with knowledge. A book of this nature cannot be written by the sentimental lay person and serve a useful purpose. The first requisite is that the author shall be a physician and scientist ; the second essential is that the writer shall have the environment of a happy marriage and home with children. The first prerequisite implies a thorough knowledge of the principles underlying the subject from the biologic and physiologic basis ; the second, that full cognizance is given to the sacred trust which

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has been given to all normal men and women to be employed honourably in their marital lives.

I feel that it is incumbent upon me to stress the need of this eminently practical exposition of one of the two most fundamentally strong impulses of all animal nature, for the strongest appetites are those of sex and hunger. Just as the quenching of the desire of hunger must need the interpretation of the scientific dietician, so the rightful use of the marital relation needs the helpful guidance of the scientist whose clinical experience has been with those who are responsible for the reproduction of the race.

This book offers a sane and clear presentation of the problems which beset too many men and women who have presumably united their lives spiritually and physically ; that failure has come to many such couples is too often the consequence of a sole reliance upon instinct, not connated with a sound knowledge of fundamental facts. This book will surely supply a much needed demand for those who will wish guidance in securing a happy mating.

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CHAPTER I

BRIDE AND GROOM

THE nervous expectancy with which the young bride approaches the first night is long remembered by all women who have been joined in marriage. The feeling of mingled fear and consternation that the bride suffers, as the moments of initiation approach, has left an enduring memory. The young wife is only too often left alone with her own worries, knowing nobody to whom she can turn for solace or advice. Possibly she will find, by sitting down beside her husband and reading together these pages, that she will lose her fears and realize that the one to whom she should always turn for help in her problems is her husband.

Sheltered for years as she has been, the girl has possibly never dared to discuss sex with her family, and certainly with any man. The wife still may be hesitant about talking such things over with her

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husband. It is to be hoped that this first night will see a complete and mutual trust and that, with every confidence possible in one another, they will give both their minds and bodies to each other without reservation.

Usually the girl has been brought up with the constant reminder that she must be ever on guard to protect her virtue both from her own wandering thoughts and from the advances of man. With longer years of education for the average man, the age of marriage has been extended, and to-day girls are subjected to more years with thoughts about themselves than ever before. By the time marriage has arrived to free them from this mental and physical captivity, they are usually unprepared to make the sudden change. Sexual indulgence, properly, has been taboo for many years in their lives. Sexual education is quite nationally neglected. The result is that by the time the girl becomes a wife the whole realm of sex is clouded with inhibitions, and befogged with ignorance and superstition.

The man generally has a more liberal outlook on sex. His appreciation of the relation of sex to life is probably more developed than his wife's, due to his own wider experience. But there seems to be no question that the sex education of husbands is as meagre as that of wives, when it should

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be even better. As the husband's part in the sex life is the more active of the two, he must have the greater regard to protect his wife from any physical harm or mental distress.

Through marriage no man has acquired the right to use his wife's body as he will. Exercising such a supposed privilege can only result in unhappiness. Love, to be satisfactory and practical, must be a full love. A man will find from experience, and frequently too late, that it does not pay to take more than he gives. An unbalanced marriage cannot be satisfactory.

The first sexual contact should be made with the greatest gentleness. A man should always use this same care, no matter how long he has been married. Begin right and then there need never be any change. At this first union the wife's hymen or maidenhead is ruptured or broken. This is a film of skin across the genital canal, in which there is normally a window-like opening. As a result of athletics, horseback riding, swimming or other violent exercises, this hymenal ring is commonly destroyed before marriage. Should the hymen be intact there is a painful sensation as it is broken on this first night. This may be quickly forgotten, but as the tissue usually is tender, especially during relations, for the next few days, it is wise for the expectant bride, accompanied by

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her mother or a near relative, to visit a physician a week or so before her marriage and have hymen the ruptured by a sudden snip of the scissors.*

The incision will be healed and will be painless by the time the bridal night arrives.

Sooner or later the question will arise, how often can relations be had? When an individual is exhausting himself or herself by too frequent intercourse, Nature automatically slows one down by lessening the desire and withholding the full physical support necessary to function normally. For this reason it may be said that relations can safely be had as often as they are desired.

A normal exception to this, at least so I feel, is the period during menstruation. It is not so much that any physical damage may occur, although increased cramps for that month and decidedly more pain the succeeding month will result,† but rather that relations in the presence of the menstrual discharge are very distasteful to nearly all women. Such an act offends her æsthetic sense, and as a woman's entire nature is generally more sensitive during menstruation, her feminine

* In Europe it is more usual to stretch the hymen by the insertion of a series of graduated glass dilators, under nitrous oxide ("gas") anaesthesia.—ED.

† It has not been my experience that women who have intercourse during menstruation complain of such symptoms —ED.

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tendency to preserve her loveliness is exaggerated at this time.

Menstruation is a remarkable phenomenon. It makes its appearance at puberty when the girl is between twelve and fifteen years of age. It recurs usually every four weeks, but may vary by more than a week. It normally lasts from four to seven days. The frequency with which menstruation returns, and the duration of its flow, should be regular and not vary from month to month. By the presence of such irregularities, and especially by the appearance of any blood between periods, a woman should be warned that a consultation with a physician is indicated.

Menstruation occurs because a woman has not become pregnant. When the baby girl is born, each of the two ovaries then contains several hundred thousand eggs or ova, each microscopically minute. Until puberty is reached none of these ova leaves the ovaries. At puberty the first egg is expelled from one ovary. It floats away free and, were it not carried along by a definite current of fluid to the waiting end of the Fallopian tube, it could just wander off into the general abdominal cavity, become lost in the anatomical maze of viscera and, dying, be absorbed. But Nature has provided, and the egg is swept into the Fallopian tube and propelled towards the

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uterus (the womb), of which the two tubes are merely horn-like, hollow projections extending towards the ovaries.

The egg remains a few days in the tube waiting for any male spermatozoon to swim along and enter it, thereby causing fertilization or conception to take place. If this pregnancy does not materialize the ovum dies. The uterus now sheds the lining which it had prepared for the reception of the egg should it have become fertilized. As the uterine lining is cast off in microscopic fragments, there is an accompanying hæmorrhage and the menstrual flow makes its appearance. Menstrual blood is like other blood except that, being mixed with certain alkaline fluids, it does not coagulate.

The cycle begins again, and about twelve days after menstruation began another ovum is expelled from the same or alternate ovary. It sometimes happens that, if she knows its significance, a woman can tell that this ovum has been discharged, by a tiny spotting of blood at the time. Excepting in these rare incidents the blood discharged is only microscopic in amount.

The ovum again is swept up into the tube and may, this time, be penetrated by a male spermatozoon. Pregnancy has now taken place. The egg-sperm combination multiplies and enlarges into a

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mulberry-shaped mass, and slips down into the cavity of the uterus. Here the formless embryo buries itself in the uterine lining and absorbs nourishment from the surrounding tissue. Two weeks pass after the fertilization in the tube and, as the uterine lining now is serving its intended purpose, no menstruation occurs.

The increased volume of blood congesting the pelvic organs just before and during menstruation tends to increase the woman's sexual desire at this time. If this appetite is not immediately appeased, the hunger increases during the first week after the flow is over. Looked at from the theological doctrine of rationalism, Nature has intended that desire should be greatest at this time, since pregnancy is most liable to take place as the result of intercourse during the week or ten days following the end of menstruation.* The impulse may be present at any time in woman. A woman ordinarily comes to know, however, that for her there is a more or less definite cycle of desire. This cycle is modified by the variations in the amount of stimulation and the degree of satiation that occur as the result of the irregularities of ordinary married life.

In man the presence of sexual desire is based

* Though ~~at~~ no time during the menstrual cycle is impregnation impossible.—ED.

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more upon the equilibrium he establishes between stimulation and gratification than upon any physiological rhythm, as in women, that can actually be demonstrated.

If a husband desires to have relations with his wife, let him approach her gently and with consideration. Maybe she does not desire it herself. Don't force intercourse on her! Instead, arouse her desires so that she wants you. You can approach your wife in a subtle way and develop her into an enthusiastic participant in this game of marriage. Every union where one mate is aroused to desire and the other is not should be preceded by this overture.

What has been said to husbands refers exactly as much to those wives who have the tired-businessman type of husband. If you approach him smoothly and undermine his resistance, you can incite him to desire you as much as you do him.

When sufficiently aroused, no mate, regardless of how tired out he or she has been, is too tired to resist the summons of Nature. The subject of courtship is further discussed later.

A husband should never fall into the habit of calling women, as most husbands do, colder than men. There is no natural reason why women should be less amorous. They are merely slower to respond. These conditions should not be con-

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fused. If a wife hears her husband's repeated statement that women are cold, she will resent it, believing that the remark concerns her. This is especially the case when a husband unwittingly calls attention to the amorous nature of some other woman, thus comparing, without realizing the mistake, his wife with another. If a wife so offended recoils into a psychic retreat, she may become frozen here, and the husband will have the greatest difficulty in thawing her out.

A last bit of advice, which pertains to all matters of married life, may be offered. Never sleep over a difference! Smooth out the difficulties if you have to stay awake until dawn. One of the most harmful tactics a husband or wife can employ is to close up like a clam and refuse to talk the disputed matter through. It is indulged in only by small spoiled children and large spoiled adults. It is the old story of "I won't play." Good sportsmanship and a sense of humour are indispensable to happiness in marriage. Marriage, I cannot repeat too often, is a game of skill that requires fair play, give and take, fifty-fifty.

CHAPTER II

THE COLD WIFE—*FRIGIDITY*

“ **I** DON’T see why I should have to have relations with my husband. I have given him a child. Why can’t he leave me alone ? I don’t see any excuse for it all, anyway ! ”

To that great group of wives who have taken or been forced into this attitude this chapter is addressed.

There are three fundamental reasons why a woman should feel as this. The Puritanic philosophy of her parents—and I do not mean to-day to criticize that generation—has unfortunately shielded the child from enlightenment of sex. Just as the plant kept in the dark from the sun’s radiations cannot flower properly, so the sexual instinct can be submerged in this ignorance or fear of reproof. Again, there may be an incomplete anatomical and physiological development of the woman, especially where she has found she cannot become pregnant, since sterility and this

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type of so-called frigidity frequently accompany each other. And lastly, the animal-like methods of the unenlightened husband in approaching his sensitive wife result in a mixture of mental anguish and later disgust in the woman.

Let us investigate each of these three groups.

I—*THE MENTAL BARRIER*

Probably more than any other type of instruction that is passed from one generation to the other, that of religion has the longest background and the most fervent spirit. Thousands may alter their views on Art, medicine, culture and politics, but rarely does the Protestant, Catholic or Jew change his religious attitude. There is no question that the interpretations of ancient religious doctrines are being made more liberally every generation, and in our time even every year. The old basic truths are unsullied, merely their definitions are developed to meet the tremendously growing needs of our day.

To-day we accept the magnificent development of the man's body and the lovely form of the woman as divine gifts and not, as our forbears did, sly cloaks hiding the Devil's flesh. The same change has taken place in the attitude towards the sexual impulse itself. Some of our great

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theological institutions to-day have courses, taught by medical men, covering the relationship of sex to human needs. I sincerely believe that if more people attended church regularly they would keep up better with the times.

The sexual impulse is an instinctive emotion. It is perfectly natural. In fact, is there anything else in life more natural? A little thought and one realizes that the most profound instinct in life is to preserve life. Whether it be in danger of immediate or ultimate destruction is of no consequence. Nature has used an irresistible power to force the preservation of life—the sexual instinct. After all, then, can any such impulse, made purposely by that all-wise Creator, so powerful that its products have multiplied in spite of every ravage of element and disease for uncounted time—can such as this be wrong?

To this argument I have heard answered again, “Admitting that the sexual act is natural, it is intended, as you say, for the preservation of life. But it is not meant for anything more. Its purpose is child-birth, not pleasure.”

Then we must ask, why is it pleasurable? We know that at least it always can be so in man and woman. Therefore there must be two purposes in the human relationship.

The male pollen falls on the female pistil and

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the new plant seed is conceived—without sensation. In fish the female lays the eggs and the male fertilizes them—without sensation of contact with the female. The characteristic act of insemination among the higher animals, with which we are all familiar, is a manœuvre of but a few second's duration and impossible of generating any pleasurable sensation other than that of fulfilling a need. Animals only come into sexual relationship during certain short periods of time during the month or year. There is evidently no natural intention for anything but conception in animals.

On the other hand, consider the human. Although the impulse is strongest at certain times in most women, more especially just following or preceding menstruation, still there is no time at which most women cannot be aroused sufficiently at least to desire sexual contact. Of course such a situation is normally impossible in any other form of life. It is unquestionable that woman and man only have pleasure in sexual union.

A further objection is often raised. The pleasure derived from the gratified sexual impulse is a base one. It is a pleasure of the flesh and not of the intellect. One cannot stoop to such a level. The cold wife may enjoy the symphony concert and

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the art institute, but a lowly pleasure of the body —never.

In all fairness, let us analyse each of these pleasures.

The sound of the orchestra enters the outside ear, travels down the ear canal as sound waves and sets the eardrum vibrating, which in turn moves a series of tiny bone levers. The sound waves carry on through an intricate mechanism and are finally picked up by nerve endings to be relayed to the brain. The brain cells convert these stimuli into a conception of sound and the person "hears."

The coloured light waves of the painting are refracted as they strike the surface of the eyeball. Automatically the pupil changes in size as the light passes through this corridor of fluid. Again the lens, hidden in the back of the eyeball, changes its shape to focus the image of the picture on the camera-like retina of the eye. A delicate series of adjustments occurs and the light waves are converted into nervous energy, which travels to the brain. As the brain translates this impression, the person "sees."

During sexual relations the mechanical stimulation of the nerve ends in the genital area is transposed into nervous energy. This is carried along nerve channels to the spinal cord and there relayed

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instantaneously to the cerebrum. Here the brain converts these stimuli into the realization of conscious sensation.

How is one to discriminate against any of these as a pleasure of the flesh? Surely all are. I think it would be fairer to judge according to the excellence of the music and the art than to the nature of the pleasure provoking stimulation.

It all comes to this: the pleasures derived from the sexual life are natural, clean, decent and as refined as any of the so-called intellectual joys. When one remembers that the Creator made them available to every man and woman, and practically necessary to every happy union, certainly it is blasphemy to call such a divine gift degrading.

How many wives there are who are surprised to find that their fiancés, who appeared to be little less than Don Juans, have turned out to be Puritan husbands. Everything I have said about the mentally bound woman can be applied to certain husbands. They are less willing to discuss sex matters with their wives than their wives are with them. Every person knows this man or that woman who is perfectly brazen about telling salacious stories, but who would walk out of the room were sexual matters to be discussed seriously. The world is filled with people whose minds find only indecency and dirt in sex. Clear thinking

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and a broad-minded consideration of the whole question would clean these mental attitudes.

Many women appear to be of a cold nature who really are merely aloof. Their very refinement gives them the appearance of sexual frigidity. Sometimes the man who marries such a woman is as deceived as are her friends. If a man has any doubts he will certainly do well to make a thorough investigation, as he may have the fortune to unearth a marvellous treasure.

II—*THE PHYSICAL BARRIER*

During the first change of life of woman—puberty—when menstruation begins and sexual development suddenly expands, the process of maturing should practically reach completion. For a few 'teen years after this there is a certain additional development, but the basic purpose, that of preparation for childbearing, has been realized.

The organs responsible for this change are the two ovaries. At puberty these organs are suddenly awakened and begin to expel one egg every four weeks or so. However, whereas only one ovary ordinarily produces one egg a month, both ovaries are continuously secreting a fluid, called the female sex hormone, which is absorbed by the nearby

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blood vessels and distributed to every last living fragment of tissue in the body. A mere prick of the finger, and as the tiny drop of blood oozes out it carries with it a portion of the sex hormone. When this hormone first appears in the blood at puberty, and is carried everywhere in the body, it acts upon all the tissues and organs to produce profound changes. The breast glands are stimulated to grow and the whole breast enlarges. Bones, muscles, tendons and fat are so affected that the very contour and form of the girl are altered. The uterus (commonly called the womb) enlarges from a small organ to one large enough to accommodate the beginning embryo should the young woman become pregnant. Hair, skin, features and expression are all influenced, and by their changes exhibit the fact that the girl has now reached womanhood.

Not only the brain, continuously bathed in blood, every drop of which carries its share of the sex hormone, but also its processes of thought and conception, are affected. The girl, in other words, becomes sex-conscious. The meaning of love is now modified and the spirit of affection assumes a deeper significance.

With this physical background, the mature young woman now needs only a decent sexual education to bring to her that splendid enlighten-

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ment which forms the basis of a normal sexual life. The full attainment of life is reached when courtship is followed by marriage to an adoring husband, who is chivalrous enough to receive the sexual gifts of his wife rather than to take them from her.

But what happens when during puberty the ovaries fail to produce sufficient sex hormone? Then development of the breasts, the uterus, the whole organism in fact, does not go to completion. The boyish form, the undersized breasts, the unchanged features, are all expressions to some degree or other that perfect sexual maturity has not been reached.

If the uterus is stopped short of the necessary development, then the unfortunate woman finds she cannot become pregnant. (Fortunately, after many years of research by a number of investigators, the female sex hormone can now be procured in sufficient quantities so that, on injection into some of these women, the slightly undersized uterus can be stimulated to grow and pregnancy take place.)

The mental sphere is not sufficiently rounded out and, instead of a broadened perception of life, the outlook is stinted by the absence of complete sexual development. The sex-consciousness is too dilute. Even the mildest hunger-pains of sex may be missing. The woman comes to realize that,

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compared to other women, she has something wanting. In time she appreciates the fact that the deficiency lies in the sexual portion of her make-up. Sometimes the realization of this lack of sex-consciousness resolves itself into an over-consciousness of its absence. Under such circumstances the wife may turn to the physician for aid or, thinking nothing can be done, go through life deprived of her full share. Such a woman may build many mental defences against this realization of her incompleteness, which in time may so add to her appearance of coldness and sexual aloofness that she comes to be known as frigid ; or, hopeful that some day things will change for the better, she may resent being characterized as cold.

To the frigid woman I want to say this : so long as there is a portion of ovary left to function the spark of sex-life is burning. (Normally the ovarian sexual function ceases at the menopause, or last change of life.* Artificially it may end when all of both ovaries are removed at operation. Abnormally it may stop when the ovaries are destroyed by some disease process. However, if a portion of normal ovarian tissue remains functioning, it keeps the sexual spark glowing.) You may be hiding it under a bushel, or it may never

* But sexual desire and the capacity for sexual pleasure do not necessarily, or even usually, cease at this time.—ED.

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have been uncovered since its inception, but the truth remains that the spark is there. A hibernating animal may appear frozen and dead throughout the winter, but when Nature raises its siege and allows the warmth of spring to touch that flesh the vigour of life is revived.

To uncover that hidden spark and to kindle it into an active flame requires the searching study and treatment of the skilled physician. Those mental barricades must be broken down and the soft protecting psychic swathes unpeeled. Once discovered, the spark must be fanned. Employment of ovarian extracts may help. A simple test, called the basal metabolic rate determination, may disclose the fact that the thyroid gland, in the neck, which I prefer to call a misplaced pelvic organ, so closely is it related to the ovaries, is not functioning properly and therefore not exerting sufficient influence on the ovaries. This is a very common deficiency in these cases of under-development and, most fortunately, can usually be overcome by the simplest treatment. To-day we know that the hypophysis * gland, in the head, exerts a most important and constant effect, just as does the thyroid, on the ovaries. Recently an active extract of this gland has been produced which, on injection, affects the ovaries. Every month sees

* Or pituitary.—ED.

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an increase in the medical knowledge of sexual under-development, and the woman who, even a year or two ago, was without hope of becoming pregnant, or of overcoming her frigidity, can to-day look forward to more possibilities of alleviation.

The treatment of the psychic situation in this condition is particularly effective, the mind responding to proper management almost immediately even though the body may appear slow to react. Under careful guidance, frigidity of this type may be made to melt away.

It must be realized that there are all grades of under-development. If the degree is marked, there is a strong possibility that the woman would not marry, having insufficient female sex-nature to be strongly attracted to man. Allowing for exceptions of course, one might suggest that, if a woman does marry, then her sexual under-development, at least psychically, is not so great as to cause consternation. In other words, if a woman has sufficient sexual nature in her constitution that she marries, then there is every hope that it will not take much to elevate her to a normal level. And certainly, if a woman is sex-minded enough to care and be concerned about this phase of her life, then that is still a further indication in itself that she has splendid prospects of attaining a satisfactory sexual development.

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There is a border-line group of wives who hardly know whether they are cold or unsatisfied. Amorous at one time, they have cooled during a marriage that was not properly managed along sex lines ; or, cold at first, belonging perhaps to the under-developed type from which they have escaped, these wives are just beginning to realize the possibilities of their promised existence. Possibly they have lived a narrowed physical existence in which a lack of sunlight, outdoor exercise and wholesome foods have weakened them. The consideration of this border-line group is taken up in the following chapter, where they are considered as being unsatisfied wives.

III—*THE PSYCHIC BARRIER*

In the heat of battle a wounded man may be insensitive to his pain. The external genital region of both man and woman is very tender. In the excited advance on his wife a man ignores any discomfort he is causing himself. He likewise overlooks the pain he may be causing his wife, who is not so aroused as to be oblivious to her own distress.

The sensation of pain in the wife generates fear of further agony. Reflexly, the nervous impulses cause a tightening of the genital canal. As the

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man, unnoticing, unheeding, continues his activity he does not realize that of necessity he is using greater force to overcome the flinching muscular resistance of his wife. The vicious circle thus produced leaves two scars—the consciousness of the remaining genital soreness, and the fear of the next encounter.

Such is physical incompatibility in marriage. Herein lies the full spring that overflows into the divorce courts.

To prevent the horribleness of an unhappy married life, to ward off that great catastrophe of marriage, divorce, a husband must realize that his wife has her rights to attentive care, and that she must be given his unselfish consideration.

Husbands must be jarred, awakened to the fact that they have no right to abuse their wives' bodies just because they are married. This doctrine of might makes right, contrary to every purpose of marriage as a happy union, is destructive of love. Husbands cannot comprehend or will not admit that the crude manner, gentle, so they believe, in which they nightly take their wives, is a transgression.

For all its notoriety, roughness, man-handling, cave-man stuff is not what most women demand. Once they have wanted it, and then had a taste, they are cured. It is firm sincere masculine

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treatment and not animal brute savageness that woman longs for.

This type of frigidity, born of fear and distress, need not continue. A husband, by changing his mental attitude and method of approach, may, by his consideration, overcome this psychic barrier. Not only will his wife be the most appreciative person in the world, but also his own dividends will be multiplied from this increased happiness of married life.

CHAPTER III

THE UNSATISFIED WIFE

WITH few exceptions, which are considered later, an unsatisfied wife is the product of an unsatisfying husband. If he is ignorant of her condition or unable to cope with it, he can be excused for the past—but not for the future. A great American has said, “An excuse is the explanation of the circumstances under which a man has failed to do his duty.”

It is the duty of the man to satisfy his wife. It is the right of the woman to be satisfied. The husband’s part, by nature, is active, and the wife’s passive. A wife is physically helpless to obtain gratification. A husband, if he so wishes, can, like an animal, besiege his wife, whether she be hopefully anticipant or fearfully submissive, and in a matter of moments bring peace to himself but anguish to his mate.

We can promise a child a trip to the circus and at the very tent turn homewards. The youngster

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can be made to get over much of his disappointment by gifts and a visit to the movies as a substitute. How different the matured personality of woman! Excited by the prospect of pleasure, aroused to heights where earth and its troubles are as nothing, carried to the very summit where the supreme apex lies but a short way off—she is suddenly left there alone, deserted by the companion who has fled. Grasping in the void, terrorized by the helpless loneliness, panic-stricken, the silent wife is left clinging to her precarious hold in a nightmare of sustained expectation.

Perfect sportsman that she so commonly is, the uncomplaining wife lies tossing until troubled sleep carries her to the realms where her complacent husband slipped hours ago. And she can be repaid for that?

Too tired to get up on time, cross at the breakfast table, carelessly untidy in her appearance, the wife spends the miserable day alone. Fighting to forget her resentment, she passes from this thing to that, continuously jerked back to the realization of her undeserved disappointment. Nerves on edge, quick to criticize, snapping at the children, the maid, the telephone operator, the nervous housewife, with her body just sick, fights her courageous battle alone.

Let the husband who doubts this for one second

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consider how he himself would feel under the same circumstances ! He does not have to take the word of the physicians who hear this story day in and day out. If he questions, let him try the experiment on himself. And let him realize that, hardened by everyday contacts with life as he is, his sufferings would be incomparably less than those of his wife, who, in spite of the fact that she can drive a car and vote, is still a woman with a sensitively adjusted nature.

One of the truest facts I know is the age-old statement that woman can bear pain better than man. As a matter of fact, the world has unconsciously so recognized this courage in woman that it takes it for granted and expects woman to suffer with a smile. But that does not mean that she suffers less keenly. The brave man is not the one who fearlessly faces death—it is the man who, quaking at the knees and “ sweating blood,” masters his terror and carries on.

How many thousands of women have been accused—I know of no better word—of having had an easy or painless labour because they endured childbirth in silence ! I mean it with all my heart that no husband can afford to judge his wife’s feelings by her external appearance.

Although it is a little off the subject of this book, I cannot refrain from interjecting a comment

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on the husband's attitude towards his wife in labour. "Why, it's a natural thing. My mother, my grandmother—millions—nearly every woman who ever lived has gone through it before. My wife can stand it just as well as they could. And what's more, most of all those other women didn't have a doctor. They didn't even have any anæsthetic."

Yes, labour is very natural. So is death. Millions of mothers have died in childbirth—seventeen thousand in the United States alone just last year. True, as the result of ever-increasing medical care for the expectant mother, we expect to cut that hideous total down, but that does not mean that childbirth, for all its naturalness, is not fraught with danger as well as pain. And what does any man know of labour pain that he can judge? When I hear the critical college-educated man make disparaging statements about his wife's recent labour, I can think of nothing else so like him as the arm-chair big game hunter and the country club polar explorer.

To the woman in labour no childbirth that ever took place is half so important as hers at that time. She is not to be compared to any other mother. Hers is the all-important event; this the all-important moment. There is no excuse for a man to belittle this suffering. If he would think twice

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he would realize his error. Not to think twice is cruelty. Just an expression of sympathy realized is all the wife-mother wants. Such an attitude of appreciation is all that is needed. It is so very easy for a man to express it if he only will.

The fear of becoming pregnant is often an impassable barrier to the wife's attainment of perfect satisfaction. Although appreciating the fact that she has this dread, she commonly does not realize that it is this mental inhibition that prevents her from reaching a climax, and that it is the very source of her nervousness the day following.

Many women believe that by preventing the occurrence of a climax—orgasm—on their own part they can prevent conception. There is no rational basis for this theory. Untold multitudes have become pregnant without having reached a climax, and the large numbers of conceptions following rape of the resisting or unconscious would tend to disprove this widespread conviction. On the other hand, it must be admitted that obviously there can be no answer to the argument that so long as a woman does not have an orgasm and does not conceive, that possibly, were she to reach a climax, she would conceive. Research has not established as yet what effect orgasm may have on increasing the possibility of conception.

There is no doubt that this dread plays havoc,

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not only with the woman's nerves, but also, as an aftermath, with the very happiness of the home. A married woman can take her problem to her physician. Should he feel that there is justification for any medical advice being given, he may aid in its solution.* In a number of cities there have been established birth control clinics, as they are called, where the married woman can offer her particular problem for consideration.

I believe that in nearly all cases the root of this unsatisfaction trouble lies in the ignorance of the husband, rather than in his carelessness or wilful disregard. The common garden-variety of marital union consists of a few minutes of activity on the part of the husband, followed by his gratification and subsequent sleep. If the wife can obtain a climax in this period of time she is unusual. When a husband is asked how long a time he takes to the act, he usually replies, five to fifteen minutes. The wife's answer is quite different.

It is almost unbelievable how many women do not know what an orgasm in themselves means. It is a rare man who does not know the same about himself. But it is just as unbelievable how many husbands there are who do not know what an

* In the U.S.A., generally speaking, the physician may only give contraceptive advice where *medical* grounds render it necessary. In England there is no such legal restriction.—ED.

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orgasm in their wives is. The whole situation in this modern day is simply astounding. Enlightened as we are in every realm of life, there seems to be no explanation for this profound national ignorance of sex.

One of the commonest types of the unsatisfied wife that consults the specialists is that group I would term the masquerader. Such a wife is usually seen after a year or two of married life, during which time she has pretended to her husband that she has been having an orgasm when he had.

During the first weeks of marriage she may not know what an orgasm in herself is. Or, if either she or her husband knows, or think they know what it is or should be like, they go on hoping that at any time it will occur. There arrives a period when this situation presents certain difficulties that threaten the happiness of their married life. Either the husband becomes impatient with his wife, believing, in his own blind pride, that of course he cannot be at fault, or else the wife becomes ashamed of her inability to arrive at the climax as soon as her husband—even after many trials. The wife solves the problem. Rather than further injure her husband's pride in his prowess as a satisfying man, or else to cover up what she believes is her own weakness, she becomes a

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masquerader and mimics her husband's actions at his climax. Completely duped, the overjoyed husband revels in his victory.

You doubt that a husband can be so easily fooled ? It must be very easy—so many men are. If a man sees his wife remain calm for a number of weeks and then suddenly, on one occasion, go through the same actions that he himself does, why shouldn't he interpret the abrupt change as his wife's first climax ?

And so married life goes along for months or years. But not smoothly. The wife becomes more aware of her plight on each occasion. She tries to forget, attempts to believe she can make herself frigid, seeks solace in her martyrdom—all to no avail. The truth remains that she is being deprived of the very joy she is giving her husband, a happiness that would increase for both if it were shared. It is too late to confess to the husband. The wife knows her husband well enough to realize that she cannot divulge her miserable secret to him without mortally wounding his pride.

The particular reason I have undertaken the writing of this book is to call the attention of the unseeing husbands to this condition, which may very possibly exist in their own homes. Considering the married population of this country, I should not hesitate to estimate that the number

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of wives who are courageously practising this deception is easily a million. Even now, asking your wife if this is true in your married life, you cannot expect an affirmative answer. You must discover this for yourself.

Have you taken only a few minutes to reach the sexual climax? If you have you should ponder over the following sentences very carefully. Women, as a general rule, are much more slowly aroused to passion than men. In the same scale, they are much slower to reach an orgasm than are men. If a man is passionate at the beginning of the act and his wife does not appear to be every bit as much so, then he can fully expect that it will take her much longer to reach the climax than himself. If you believe that this statement is not so—that your wife reaches the climax as quickly as you do, and in a few minutes—then look out! If you have any doubts about the genuineness of your wife's orgasm, investigate.

When you have obtained your own gratification, and your wife apparently hers, is your wife good and sleepy—thoroughly tired—completely relaxed? She should be. Or is she nearly as awake as ever, maybe willing to talk, possibly turning or tossing about? With your eyes and mind wide open, are you dead certain she is as satisfied as yourself? She should be.

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If a wife is not satisfied, what can be done? Except for reasons of health on the part of either wife or husband, of which we will make further mention later, the answer lies in a change of the method of the entire approach and procedure of the sexual performance.

The basic principle is concerned with time. A woman being slower, as a general rule, than a man in reaching an orgasm, the treatment lies in either speeding up the woman or slowing down the man.

The essence of accelerating the process in woman is to devote more care and time to the preliminary courtship. Time taken here is time saved. Men must realize that it requires ten to twenty, or even thirty minutes of actual intercourse to result in an orgasm for most women. This time can be reduced to a minimum by devoting more care to the approach, by kissing and other love-making before any sexual contact is made. Even so a husband need not expect to reduce the time necessary during actual union to less than ten or fifteen minutes.

Passion, being an emotion, is a conscious state of mind. The physical expression of sexual passion in the form of an orgasm is therefore closely related to, and dependent upon, the state of mind. A man suddenly surprised by fear

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during intercourse is almost incapable of having an orgasm. Just as the mind can exert a restraining influence, so can it have a stimulating effect. A man approaches his wife and, all intent and anxious to obtain personal gratification, during intercourse he keeps his mind centred on the one object—and only one object—he has in view. The result is naturally a quickly-reached climax.

For a man to slow himself down, waiting for his wife to approach the climax, he should consciously train himself to keep another object in view than the one he ordinarily has. His object should be to keep from having an orgasm, to wait for his wife until she has hers. Just this simple change of mental attitude will slow him down. To further increase this depressive effect, he should discipline himself to take his mind completely off his present activity and surroundings. Let him think of business, of something he has read in the papers, or try to recall the plot sequence of some movie he has seen. This is difficult and requires all the will-power a man has. He can only accomplish his purpose, of course, if his attitude is one of consideration for his wife. He must be unselfish in this. He loses nothing, because in the end, when he has succeeded, he brings not only supreme happiness to his wife, but also more joy than ever to himself.

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When a man finds he is approaching the climax too quickly, he may either stop any action, lying still, or completely withdraw. This, however, removes the stimulus to the wife's sexual organs, and as the man's passion is held in abeyance, so is the woman's. In order to continue the stimulation of the woman and at the same time rest the man, a substitute manœuvre may be employed.

In the very earliest weeks of human life as an embryo the miniature baby is sexless—both male and female. Examination of a half-inch embryo would not disclose whether it was intended for development into a boy or girl. When it reaches the third month the differentiation is clearer, and the embryo form shows that it will become, say, a girl. However, there are still the remnants of all the male organ forms (excepting the testicle, which only remains in an hermaphrodite) in this female. The further the child develops before its birth, the greater its femaleness becomes, and the less its maleness. An analogous evolution takes place in the male. Neither sex ever completely outgrows the remnants of the opposite. No mature man is one hundred per cent male—he still contains within him vestiges of the early female organs, which are merely retained as useless fragments of flesh. Two of the external evidences are the nipples. The woman, likewise,

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retains certain male forms. One of these is the clitoris, a small replica of the male external genital. Practically the only difference lies in the size and in the fact that the urinary passage runs directly through it in the male but empties just beneath it in the female.*

As in the male, under sexual stimulus the clitoris becomes engorged with congested blood, enlarges and becomes very firm and sensitive. From continued stimulation by hand or from intercourse there suddenly is discharged an explosion of nervous energy—the orgasm.

It is therefore easily possible for a man who has withdrawn or stopped during intercourse to continue the clitoris stimulation by gentle manipulation with his index or middle finger-tip.

The location of the clitoris may be defined as follows. Considering the entire genital region of woman as boat-shaped, with the bow or front end pointed towards the abdomen, the clitoris lies where the flagpole would be on the bow of a boat.

Recalling the fact that the clitoris is the female counterpart of the male genital, the similarity between the two can be further demonstrated if

* In certain men, where the development has not gone to completion the urinary outlet, as in the female, is just at the base of the penis, a condition known as hypospadias.

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one compares the two cylindrical shafts surrounded by skin and the two heads exposed, but still hooded by a cuff of sliding skin. The necessity for easy exposure of the head of the male genital is well recognized. Any difficulty is overcome by circumcision. To obtain greater sensitiveness of the clitoris the hood must be drawn back off the head. Rarely, in woman, is circumcision indicated or performed. However, forceful pushing back of this adherent skin, under the influence of a locally applied anæsthetic, is quite frequently done. It is not uncommon for a woman who has been able to have an orgasm only with difficulty to have the clitoris exposed, with the result that thereafter an orgasm is easily obtained. Lesser degrees of phimosis—this condition of excessive hooding or adherence of the skin to the clitoris—may be overcome during manipulation if the husband will make it a point to rub back, gently, the cuff edge of skin. To prevent chafing or any discomfort, a water-soluble, non-greasy lubricant, such as K-Y Jelly, should be employed. It may be added that such an application will prove of distinct advantage also where the normal amount of secretion is deficient.

With a little practice a perfect adjustment between intercourse proper and manipulation can be made. Withdrawing or stopping the genital

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phase of the act when the man's speed is too great and accelerating his wife's manually will result in a controllable manœuvre whereby the climax can be reached by both man and wife at the same instant.

It will be found perfectly comfortable and easy, if the man's palm is turned towards his wife while manipulating, to continue this stimulation during the very act of intercourse. Mechanical as this may sound, there is nothing but an increase in the pleasure to be derived from such a method.

Should a man be unable to restrain himself and have an orgasm before his wife, he *must* keep up the clitoris stimulation until his wife has reached the climax. This is extremely important. No matter how tired a husband may feel at the moment, it is too unfair to obtain gratification from his wife without giving back to her her own reward. He can easily defeat his purpose, however, if he evidences to his wife that this is an added effort. If the wife thinks she is bothering her husband she will immediately feel patronized, inferior, guilty, and finally, her ardour dampened, will so cool off that no amount of manipulation will produce an orgasm. To succeed, the husband must at least appear to be enthusiastic in his unselfish service and show no sign of being in a hurry to complete his task.

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Happy marriage is a matter of give and take. If a man takes first, he must give back. It is simply a matter of good sportsmanship—just ordinary fair play.

I have referred to the fact that very commonly women do not know what an orgasm is. They are not certain whether they have ever had one, or may mistakenly think or believe that the sensation they have experienced is that of an orgasm. To begin with, there can be no mistake about a normal orgasm. It is so acute and different from other sensations that one cannot experience it and doubt its reality. If one does question whether they have had an orgasm, the very uncertainty would indicate that they have not.

No matter how much the sensation of satisfactory intercourse increases in intensity, it in itself cannot be an orgasm. The orgasm is a sudden change. It is as though a woman, running as fast as she possibly can, is suddenly snatched up by a tornado and propelled through the air at an inconceivable speed. To crawl, then walk, and finally run, is not an illustration of the orgasm. The sensation of an orgasm, indescribable as it is, is different from any other, no matter how intensive, that is derived during intercourse.

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Immediately after an orgasm a woman's genital region is exquisitely sensitive. It may last only a few seconds, or it may endure several minutes, but during this variable period a woman cannot stand to have any manipulation of the clitoris, while intercourse itself, while bearable, is not pleasurable. The sensation at the clitoris is that of being —to be crudely exact—too ticklish. If a woman has not been experiencing this aftermath to each supposed climax, she probably has not been having an orgasm, or else, for the moment of reading, does not remember.

The remaining paragraphs will be devoted to the exceptions mentioned in the opening sentence of this chapter. A woman may not be able to obtain gratification, although desiring it, because her health is not up to par. If she has been experiencing a more satisfactory sexual life in the past, she may now notice that her desire, or more especially its fulfilment, is lessened. Most women know when they are run down in health. They should know enough to do something about it. A visit to a reputable physician may disclose the fact that ordinary anaemia, or an infection hidden under a tonsil, or some other easily-treated abnormality, is responsible for her condition. The doctor may need merely to change her diet, order more outdoor exercise, more sunlight or sun-lamp

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exposure, in order to elevate the woman's sexual impulse and its attending pleasures to a normal level.

A woman with a normal sexual appetite may be unsatisfied because her husband cannot satisfy her. Under these circumstances the husband should go to a physician for an examination and confide in him the specific reason for his visit. The physician can then direct every phase of his study to this end. Usually a man will learn that all he requires is a change of diet, more sleep, outdoor exercise and a good tonic. If there is anything else wrong he has done the wisest thing possible by visiting a doctor.

Every husband and every wife should have a simple, thorough medical examination at least once a year.

A woman may be unsatisfied because actually, or relatively in proportion to her husband, she is over-sexed. For her husband to satisfy her and keep his good disposition or health may have proved impossible. Improvement of the husband's health, if it has been below normal, has not helped to meet the requirement in full. In such a situation the treatment is simple and most effective. Intercourse may be had as often as the wife desires. The man should employ the clitoris stimulating method with a minimum of

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active intercourse. A selective balance may be attained in which the woman always has an orgasm while the man does not. Such a method requires only trial, with adjustments, to perfect a solution of this problem.

CHAPTER IV

MARRIED COURTSHIP

THE sexual act may be considered as beginning when the first mutual contact of any sexual significance is established between man and wife. It may begin with a mere prolonged gaze, an expectant, watching look, with a simple intended contact of the knees, or a lingering kiss.

Of course it may begin crudely, animal-like, as a surprise attack in the darkness without warning. As it too frequently does in married life! So important is this phase that I again mean to emphasize that a man has no right to take his pleasure from a wife without giving her as much enjoyment as himself. He can only do this by causing her to want him as much as he desires her, and by completely satisfying her in the act and not leaving her ungratified after he is finished.

Possibly by appealing to one's sporting instinct I can suggest that, if a man does not like the idea

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of beating about the bush in approaching his wife, he can liken the manœuvre to the tactics required in the quest of wild game. This does not mean seduction, as in marriage man and wife recognize each other's intentions. In the marriage game this play is unique in that both contestants simultaneously may win the same prize.

A man's thoughts may be awakened by the use of perfume. Playing on the victrola a piece of music which you know he likes will begin its favourable influence on his subconsciousness. If a wife will make a noticeable change of dress, her husband's attention will be attracted. Cleaning up, dressing the hair, applying cosmetics and appearing as though she were dressed for his approval cannot fail to stir her husband's admiration and imagination.

A man may approach his wife through a remark complimenting her on her appearance. Accompanied by a good radio programme of dance music, a husband can begin his subtle courtship. It merely requires conscious effort to improvise any number of advances.

If these methods should seem to be too sensual, I ask that the critic compare them and their decent purpose to the manner of approach, with its attending discomfort, that so many husbands use in their impatience.

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Through stimulation of each or all of the five special senses the sexual impulse can be thoroughly aroused before genital contact of any kind is made.

Through the ear sensual music appeals with its rhythm or melodious harmony. The very sound of a loved one's voice, the suggestive swish of *crêpe de Chine*, are perceived by the sexual sense through the intermediary of hearing. The lobe of the ear and the region of the neck just behind and beneath, extending down the side to the hollow where it joins the shoulder, are regions which are peculiarly sensitive to kissing. Even though a woman may not know this to be true, caressing these areas with the soft lips will move her intensely.

The eyes, by their very expressions, can portray every meaning of affection and sexual longing. All women know, though they may not employ them, that cosmetics applied to the lashes and upper lids will intensify any of these expressions. One of the most powerful means of provoking sexual reactions is that of sight. From chiffon stockings to alluring *négligé*, woman takes advantage of man's vision to charm him. If the wife, in planning her campaign, would dress after dinner, and would go to the trouble of making herself as attractive to her husband as she does in preparing to go out dancing, when she dresses to attract the attention

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of others, she would win an unbroken series of victories in captivating her husband's affections.

The nose is so closely related to the genital organs that the rhinologist frequently can tell when a woman is menstruating. Types of painful cramps may be alleviated by certain applications within the nose. The powerfully suggestive action of perfumes has been mentioned. The depressing effect of other odours should be added. Marriages have been ruined because men have not bathed themselves properly before having relations with their wives. No woman wants to lie in intimate contact with the unclean body of her husband.

Likewise women should be cautioned. A thorough bath, preferably with the use of a fine perfumed soap, is one of the wisest investments of time a woman can possibly make before she retires with her husband. This advice may seem too trite to be worth mentioning, but I am afraid its very simplicity has been the reason it has been overlooked by so many wives and husbands. It is a subject that will not be discussed, neither mate being willing to complain to the other. It is better to take no chances—prevent any continuance of a possible unpleasantness by more careful personal hygiene.

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The region of the mouth, especially of the lips and tongue, is recognized as a secondary sexual centre. As this area is mutually involved in kissing, this act can arouse the passion of both participants, the effect increasing in proportion to activity. The passive recipient of a kiss does not appreciate the keenness of sensation that the ardent bestower does. While this holds for oral kissing, there may be just the opposite action where the husband kisses his wife's breasts.

Excepting the genital region, the breasts are the most acutely sensitive sexual centres of the body. In a hypersexed woman the pressure of a man's chest against her breasts, especially during dancing, may make her highly erotic. While the entire breast region responds to a lover's touch, the nipple tissues is the most susceptible. Although holding a breast, fondling it, gently stroking it and vibrating the nipple, are all productive of amatory reactions, the application of one sexual centre—the lip region—to this second is the most highly satisfactory.

Conducting a courtship in marriage based on the physiological processes just described cannot be anything but successful. If a husband will apply his knowledge to the one purpose of creating in his wife an overwhelming desire for sexual satisfaction, he will surely discover that, as the

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result of such a preliminary caressing, his wife will have reached such a high pitch of amorous emotion that the final act will be almost unsupportably pleasurable.

CHAPTER V

THE PERFECT PHYSICAL EXPRESSION OF LOVE

IN looking back over the history of sex in marriage one discovers that, from time to time, there have been changes in the fashion of having intercourse. To-day we have quite generally adopted a particular variety of the prone position which was not the vogue centuries ago. It is difficult to analyse the forces which have swayed whole nations into the popular belief that any particular method was the only correct or proper one.

A position should be selected which will be perfect for both man and wife. It cannot be expected that any one method will prove satisfactory to both. A man can buy a ready-made suit that will fit himself ; a woman a ready-made dress that will meet her requirements. How many can buy a ready-made garment—for instance, pyjamas—that will fit them both ? A married couple should make to order their own particular

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position, building it upon definite principles, with the end in view of making it as satisfactory to one as to the other.

There are two types of orgasm in women, and one in man. An orgasm may be reached solely through the clitoris, which is more quickly reached than one through the vagina, is more sharply acute, is of shorter duration, is less exhausting and can be repeated oftener in a given number of hours. Sensations of the clitoris automatically lap over to affect the vagina. To obtain a vaginal orgasm, however, this canal itself must be stimulated. Such a climax is much more slowly reached, is more profoundly intensive and of much longer duration, since it is the discharge of a greater accumulation of energy, is exhausting and cannot be repeated so frequently as the clitoris type. The ultimate in pleasure for a woman is reached when, following both clitoris and vaginal stimulation, the full combination orgasm is experienced.

Both forms of orgasm are preceded by the secretion of mucus from a number of glands situated both at the genital opening and deeply within the canal. This mucus is discharged for the purpose of lubrication. Intercourse should not be begun until this physiological process has softened and oiled the tissues. If the courtship has been successful, the amount of mucus secreted

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will be so plentiful that there will be no difficulty whatever in beginning relations.

The male orgasm is a combined discharge of energy and of the seminal fluid. A woman discharges only energy at each orgasm, with a moderately increased secretion of mucus. The sensation in man is only of one type, but may vary greatly in intensity. The discharged fluid normally has suspended in it millions of living spermatozoa. To conserve these life forms Nature has made each orgasm in man a more or less temporarily exhausting experience. The actual loss of stored seminal fluid and sperm is not weakening, nor is the muscular contraction expelling them fatiguing. The resulting state of weariness would seem to be more of a defensive mechanism on the part of the body, whereby a man is prevented from losing the slowly formed sperm faster than he can produce them normally.

In man the two testicles serve the same functions as do the two ovaries in woman. At puberty the testicles secrete the male sex hormone, which is carried by the blood throughout the body and produces the changes which begin the sexual conversion of the boy into man. The testicles now produce the microscopic male "seeds"—spermatozoa—continuously. These are constantly carried through two tubes from the two testicles lying

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in the outside pouch, the scrotum, to two small bulbs lying deep in the tissue beneath the bladder. When a man is becoming passionate, small glands connected with the urinary passage secrete a clear, colourless mucus, which sometimes makes its appearance at the very external opening. At the actual orgasm, muscular contractions suddenly squeeze the sperm-containing reservoirs and the contents are spurted out in jets.

The purpose, then, of the new sexual position will be to produce simultaneously both male and female orgasms, and, particularly in the woman, the full clitoris and vaginal combination type.

If the wife, lying fully stretched out on her back, keeps her thighs close together, she will prevent the male genital from entering the vagina. Instead, it will move almost vertically along the full length of the clitoris. By separating the thighs, the ordinary method used to-day, she permits entrance. To obtain more vaginal and less clitoris contact a woman may raise her hips by placing under them her closed fists or a firm pillow. By drawing up the knees she shortens the relative length of the vagina, allowing the male genital to penetrate the full length of the canal. By further encircling the man's thighs or back with her legs she holds the clitoris more closely against the firm flesh at the base of the

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male genital, lying over his hard public bone in the bladder region. A man may lessen the pressure of his weight by raising himself on his extending arms, the bracing hands being placed at the side of his wife's chest or head. This change of support will also permit a greater excursion of his hips.

Where the weight of the man is too great, or the discomfort of pregnancy interferes, the woman then either lies uppermost or on her side.

From the side the same factors of relation come into play. There is the handicap that only one, the upper, thigh of the wife can be bent at the hip. However, it is in this situation that the closest possible contact with both clitoris and vagina may be established. If the husband, lying on his side, will support his wife on his lower thigh, which is bent at right angles at the hip, and insert his upper thigh between his wife's, then, during relations, he can hold her in closer approximation by merely bending his upper thigh more sharply towards himself, his knee then being opposite the hollow of her back.

Lying on his back, the husband can apply the same mechanical principles. The great advantage of this position is the weight it takes from the wife, and the freedom of motion it gives her, especially in the use of the hips. The same variations should be tried as have been described under the first

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prone position. One to which particular attention is called is formed by the husband lying with his legs bent at the knees and his thighs bent, at the hips, completely back towards the chest. The woman may lie flat or may support herself on her outstretched arms, thus giving herself a full play of motion. The husband may rest his heels on the level or may swing them around to encircle his wife's back or thighs.

Another group of attitudes is based upon a sitting position of the man, his wife facing him as she sits astride his thighs.

By making adjustments as the married pair experiments a more satisfactory position will be composed. During these trials various combinations will be discovered which can be repeated later as occasional substitutes for the one master position.

Where understanding, knowledge and care fail to produce a consummation of happiness in marriage one must search deeper for the explanation, keeping in mind that sex can never fill this emptiness without love.

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